

Looking After a Child in a Cast

Advice for Parents and Guardians

Your child has had a cast applied. This is to protect the injured limb and to relieve pain.

During the first 48 hours the limb should be elevated as much as possible.

This is to help reduce the swelling which often occurs after an injury. It is important to encourage your child to move the fingers or toes of the affected limb as this helps to prevent them from becoming stiff and sore.

If you have further concerns including:

- Increased pain
- Numbness or 'pins and needles' sensation in the fingers or toes
- Swollen fingers or toes, with difficulty moving them
- Blue appearance of fingers or toes
- Cast becomes wet
- Cast becomes soft
- Any foul odours from inside the cast
- Condition of the cast
- Any objects (coins etc) pushed inside the cast

Please call for advice on **0131 312 0027** and ask to speak to the Orthopaedic Technician if available.

We may need to ask you to attend the hospital for a review of the injury/cast.

Pain

It is normal for there to be a degree of discomfort after an injury, however, this should not be severe. The recommended dose of your child's usual painkiller such as paracetamol (Calpol) may be given. If the medication does not ease the pain, please call for advice.

Follow-up

You will be given a follow-up appointment before you leave hospital. If you are unable to attend for any reason, please telephone **0131 312 1547** for another appointment.

If you have any concerns while your child is in cast, please do not hesitate to contact us on **0131 312 0027**.

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